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Sunday, 20 December 2015 - 12:27pm IST | Deepak Singh | Edited by: Prutha Bhosle

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Sadhana Ganti preparing ingredients for cooking. *Pics: Deepak Singh/iamin*

Meet 52-year-old multifaceted Sadhana Juvekar Ganti, who has vast interest in arts and cooking and an experience of nearly two decades.

She is a triple graduate and has also completed her B.Ed in child psychology. Sadhana also holds a certificate from Camlin and is an authorised tutor in Arts and Craft for Camlin. She has also been professionally teaching cooking for past 15 years to people of all age groups.

As Christmas is nearing, Sadhana has decided to use both her talents in making this festive season a memorable one for her customers. “I make delicacies at home in a very artistic way. I use both my talents into one creation,” said Sadhana.

Sadhana has her special ways of making delicacies. “I avoid use of cream and other products which contain high amount of fat while making cakes and pastries. The largest consumers of sweets are children and the children of this era are very less physically active. Thus, there is rise in obesity. So, I have a few recipes that are easy to make and are healthy as well,” she added.

*Following are the quick, easy-to-make recipes Sadhana has shared with iamin readers:*

### **Snowman Lollies**



This is the easiest one. We need candy sticks, oreo biscuits and white chocolate. Melt the chocolate in a microwave for a while and then pour it on the oreo biscuit. Let it cool down, and snowman lollies are ready. This is my favourite recipe and children love it.

### **Kalkal**



This is a specialty of Goa. All you need is maida, ghee, oil and sugar. Make dough and leave it aside for two hours to ferment. Later, deep fry it in oil. It hardly takes 30 minutes to prepare this.

### **Mangalore buns/ Sweet hearts**



This is a specialty of Mangalore. We need maida, wheat flour, curd, banana, and sugar. Make dough and then keep it for two hours to ferment. You can give it any shape as desired and can add any essence of choice (vanilla, butterscotch, strawberry, etc.) Later, deep fry it in a mixture of ghee and oil till it is golden brown and it is ready.

*For more info, visit <https://www.momsmagic.co.in>*

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